



Preston on Wheels

Fun healthy cycling activities for adults and children with disabilities and differing needs, through the use of specially adapted cycles.

Wheels for All Sessions in Moor Park

(phone ahead for details)

Face Book	Monday	Thursday
Preston On Wheel	10-2.30pm	10-2.30pm
Follow us on Twitter @YunusSuleman		



**All welcome!
Please contact Yunus with any questions**



Come join us for a whole lot of cycle fun!

For more information please contact Yunus 07748207549 –W 07971476698 or Ian 01925 234213
Email yunuss@tiscali.co.uk / ian.tierney@cyclimg.org.uk
Cycling Projects Charity No.1003309 www.cyclimg.org.uk

Thoughts on our cycle sessions

Make 2015 the year you get back on a bike or learn to cycle!

- Preston on Wheels**
- Preston on Wheels is a Big Lottery funded project in partnership with cycling project Groundwork north west.
- This is our weekly cycling schedule - please feel free to come along at any time
- Wheels for All sessions** - Inclusive cycling for all abilities
- Every Monday and Thursday Wheels for All sessions at Moor Park between 10am and 2.30pm**
- Junior Wheels for All** - specifically for children and young people
- Every Fortnight on a Saturday 11am - 12.30pm at Moor Park)
- Led Ride Programme**
- The led rides are generally on traffic free routes and there is a range of cycles available for community use.
- Tuesday 10am - midday Grange Park** - Meet at the Interpretation Centre
- Tuesday 1pm - 2pm Haslam Park** - meet near their allotments site
- Wednesday 12.30pm - 1.30pm** Beginners Cycling at Moor Park (football pavillion)
- Friday 10am - midday Avenham Park** (near Christ the King school)
- Open to anyone aged 16+, it lets people experience cycling on all kinds of different bikes and equipment. Our sessions are suitable for the complete beginner to the experienced rider and cater for all abilities. We have a range of different sessions across Preston – just choose the one you'd like to come along to and we look forward to meeting you.

Sounds like fun? Get in touch!

All welcome – just £3 per person (carer comes free)

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